



CHESHIRE NETBALL · LIFESTYLE · U17

SLEEP

Grow. Recover. Perform. Learn.

8–10

hours a night

is what teenagers need for health, learning, mood and physical development.¹

Training and revising harder don't lower that number.

1 What sleep does for a netballer

Training is the stimulus. Sleep is when the body adapts to it.

Growth

Grow and adapt

Most growth hormone is released in deep sleep early in the night, which supports growth, repair and training adaptation.²

1.7×

Fewer injuries

Teenage athletes sleeping under 8 hours were 1.7 times more likely to be injured than those sleeping 8 or more.³

+9%

Shooting and speed

When college basketball players extended their sleep, their sprints got faster and their shooting accuracy rose by about 9%.⁴

2 hrs

Match nights cost sleep

Elite netballers slept about 2 hours less after an evening match than after training.⁵ Plan for it (see section 3).

4×

Stay well

Sleeping under 6 hours can make you 4 times more likely to catch a cold. Illness means missed training and games.⁶

Mood

Feel better

Teenagers who sleep less are more likely to feel low, anxious or angry: shorter sleep raised the odds of poor mood by 55%.⁷

2 Exam years: sleep is study

For GCSE and 1st year of A level players, sleep is part of revision, not time taken from it.

Memory

Sleep saves what you learned

During sleep the brain replays and stores the day's learning, moving it into long-term memory.⁸

25%

Better grades

Sleep quality, length and consistency explained nearly 25% of the difference in students' grades. Sleep in the weeks of learning mattered more than the night before the exam.⁹

Focus

Attention and calm

Enough sleep is linked to better attention, learning, memory and emotional control.¹

Revision tips

- Revise earlier in the evening; stop at least an hour before bed
- No late-night cramming: it swaps sleep for memory
- Keep the same wake-up time on school and weekend days
- Charge the phone outside the bedroom

3 After an evening match

Late games, adrenaline and screens all delay sleep. A simple routine helps:

1. Refuel and rehydrate soon after the game
2. Warm shower, then dim the lights at home
3. Screens down: light from phones and tablets delays sleep and leaves you groggy next morning¹⁰
4. Jot down any thoughts about the game, then park them
5. Keep your normal wake-up time; nap the next day if needed

4 10 habits for better sleep

Small, consistent habits make the biggest difference.¹¹

Same bed and wake times, even at weekends

Screens off 30–60 mins before bed¹⁰

No caffeine or energy drinks in the 6 hrs before bed¹²

Cool, dark, quiet bedroom

Daylight outside every morning

A calm bedtime routine

No big meals right before bed

Naps under 30 mins and before 3pm

Phone charged outside the bedroom

Write worries down, then switch off

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Athletic Development and Recovery

Questions? Ask away.